



Monthly Coaching Call Summary

08 DEC 2026

Envisioning 2026 with Vince and Stuart Tan

This document is exclusively intended for the education and benefit of members of the Expert Elite Mastermind only.

Overview:

In this transformative session, Stuart Tan introduced a powerful paradigm for achieving goals in 2026 by aligning with one's future self identity, rather than merely setting external targets. He emphasized that meaningful success stems from embodying the beliefs, mindset, and emotional states of the person we aspire to become. Using scientific studies and personal experiences, Stuart demonstrated how deeply held identity and beliefs shape our behavior, health, and results. Instead of chasing strategies in misalignment, participants were guided to visualize their future in vivid emotional detail, integrate supporting beliefs, and begin inner alignment through a structured focus on ten life domains—including physical, mental, emotional, and financial. Through this process, personal transformation becomes sustainable and measurable. Stuart's closing message was one of empowerment: success is not an external pursuit, but an inward journey of identity, healing, and skillful action. He encouraged everyone to choose one domain of focus immediately, apply action within 72 hours, and join the broader vision of building a healthier, more resilient, purpose-driven community in 2026.

Notes:

Future Self Identity and Mindset Alignment

- Goals are achieved faster by **embodying future identity**, not just writing goals
- Identity shifts allow better **adaptability in changing markets** and reduce burnout
- Visualization must include **emotions, posture, and internal state** to "pull the future closer"
- Physical health and emotional healing are linked to identity transformation
- Participants were invited to focus on **1 of 10 life domains** for structured 10-week growth



Strategic Goal Visualization and Belief Integration

- Write goals in **vivid, emotional, present-tense language** as if already achieved
- Identify and transform **limiting beliefs** before implementing new strategies
- Purpose (the “why”) must be **emotionally anchored** to sustain motivation
- Strategy is only effective **after identity and belief alignment**
- Stuart’s fitness story showed belief and purpose (honoring his late father) driving long-term success



Process for Sustainable Personal Mastery

- Suggested 10-week domain cycle: **physical, emotional, mental, intimacy, family, social, career, financial, lifestyle, spirituality**
- Begin with one domain and **apply one action within 72 hours**, scale up as ready
- Use tools like **ChatGPT** to generate aligned strategies and actions
- Create a systemized **journal with 10 sections** to track annual progress
- Emphasized daily practice over theory—**especially during tough times**



Scientific Foundations of Identity and Belief

- “Mind Over Milkshake” and **medical labeling studies** show beliefs affect physiology
- **Psychoneuroimmunology**: your emotions affect your immune system and health
- Shape your **inner experience intentionally** to improve results across health and business



Leadership, Skill Acquisition, and Coaching

- Coaching should deliver **skill, not just hope**—buy expertise, not motivation
- Mastery comes from **course correction, reflection, and repeated action**
- Preferred a **10-domain life model** over the traditional Wheel of Life for clarity and balance

Next Steps & Continued Engagement

- Post-session survey designed to capture **2026 goals, struggles, and plans**
- Data will guide future **workshops, coaching, and potential certifications**
- Encouraged direct contact for **more personal coaching or private feedback**
- Stuart closed with a powerful reminder of our “**cosmic origins and innate greatness**”